

August 2009

Clip Book

1. LIVERMORE FALLS ADVERTISER

LIVERMORE FALLS,ME (2,853)

08-27-2009

Month of Caring stresses volunteerism

2. MACHIAS VALLEY NEWS OBSERVER

MACHIAS,ME (3,211)

08-19-2009

In Our Backyard

3. LINCOLN COUNTY NEWS

DAMARISCOTTA,ME (7,800)

08-27-2009

Greenleaf joins AmeriCorps

4. Kennebec (ME) Journal

AUGUSTA,MAINE (76,265)

08-29-2009

Baldacci to help out on Sept. 11

5. BETHEL CITIZEN

BETHEL,ME (3,320)

08-27-2009

\$50,000 donated toward new 4-H Camp building

6. FORECASTER (PORTLAND EDITION)

FALMOUTH,ME (18,000)

08-26-2009

Calendar Events

7. PORTLAND PRESS-HERALD (FINAL)

PORTLAND,ME (69,883)

08-26-2009

Trading time, creating community

8. NORTHERN FORECASTER

FALMOUTH,ME (10,000)

08-27-2009

Calendar Events

9. REPUBLICAN JOURNAL

BELFAST,ME (6,253)

08-20-2009

Learning to like those leg-grabbing leeches

10. SOUTHERN FORECASTER

FALMOUTH,ME (10,000)

08-21-2009

Calendar Events

11. LAKE REGION READER

NORTH TURNER,ME (13,712)

08-01-2009

YCC - Protecting the Cobbossee Watershed

12. JOURNAL TRIBUNE

BIDDEFORD,ME (9,767)

08-08-2009

Other Voices

13. SOUTHERN FORECASTER

FALMOUTH,ME (10,000)

08-14-2009

Calendar Events

14. NORTHERN FORECASTER

FALMOUTH,ME (10,000)

08-13-2009

Call for Volunteers

15. FORECASTER (PORTLAND EDITION)

FALMOUTH,ME (18,000)

08-12-2009

Call for Volunteers

16. SUN JOURNAL (RIVER VALLEY EDIT.)

LEWISTON,ME (34,503)

08-07-2009

CIVIC GROUPS AND SERVICES

17. MAINE SUNDAY TELEGRAM

PORTLAND,ME (111,347)

08-09-2009

On the Move

18. FORECASTER (PORTLAND EDITION)

FALMOUTH,ME (18,000)

08-05-2009

Calendar Events

19. NORTHERN FORECASTER

FALMOUTH,ME (10,000)

08-06-2009

Calendar Events

20. SOUTHERN FORECASTER

FALMOUTH,ME (10,000)

08-07-2009

Call for Volunteers

21. REPUBLICAN JOURNAL

BELFAST,ME (6,253)

08-06-2009

Game Loft merges with Spurwink Services

22. ADVERTISER-DEMOCRAT

NORWAY,ME (6,350)

08-06-2009

Wood pledges to perform 10 months of public service throughout country

23. WEEKLY

BANGOR,ME (38,600)

08-06-2009

Service grants

24. TIMES RECORD

BRUNSWICK,ME (11,441)

07-29-2009

Experts share heat-saving tips

25. TIMES RECORD

BRUNSWICK,ME (11,441)

08-04-2009

Helping ourselves by serving others

26. HERALD GAZETTE

ROCKLAND,ME (N/A)

07-30-2009

Ennamorati prepares for Peace Corps service in Dominican Republic

27. BAR HARBOR TIMES

BAR HARBOR,ME (7,370)

07-30-2009

Fire department will reapply for Americorps help

28. KENNEBEC JOURNAL

AUGUSTA,ME (14,859)

07-31-2009

ERC seeks placement sites for volunteers

29. PORTLAND PRESS-HERALD (FINAL)

PORTLAND,ME (69,883)

07-29-2009

Economy can't stop the volunteer spirit

Month of Caring stresses volunteerism

Editor's Note: This article is part of an ongoing series that demonstrates the community impact of the United Way of the Tri-Valley Area. For more information on how to give, advocate, or volunteer in your community, or to view the article archive, visit www.uwtva.org. To contact staff, call 778-5048 or e-mail info@uwtva.org.

Volunteering is a critical component to bringing hope and help to communities across the region. The United Way is pleased to be

a part of the upcoming "Month of Caring" initiative which is a part of a growing effort across the state to promote volunteerism and recognize those who contribute their time. According to Volunteering in America (www.VolunteeringinAmerica.gov), Maine ranked second in volunteerism in New England, well above the 2007 national average in the percentage of citizens volunteering, at 26.2 percent; Maine's 356,000 volunteers dedicate 44.5 million hours of service per year; and the estimated economic contribution of these volunteer hours is \$868 million annually.

The first Month of Caring in Greater Franklin County is this September. The Month of Caring is designed to do two things: 1.) Celebrate volunteerism through the encouragement of citizenship and community engagement by spotlighting a specific month for residents to give back to their community; and 2.) Connect community members to volunteer opportunities offered by local non-profit organizations and community groups, such as Literacy Volunteers, Western Maine Community Action, and the

University of Maine at Farmington. Volunteer opportunities range from greeting visitors at the Franklin County Chamber of Commerce to working with UMF students and projects at Double B Equine Rescue Farm, to helping local food pantries and schools.

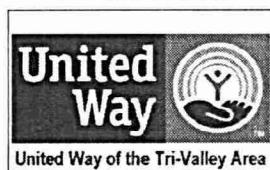
"The Month of Caring is an opportunity to bring together all community members in a collaborative effort to give back to others and

improve our region," notes Becky Perkins, Assistant Director of Residence Life at the University of Maine at Farmington and Franklin Volunteer Network member. Becky coordinates UMF's Month of Service, which encourages college students to serve in the community. Month of Service projects will be one of the options volunteers can participate in during the Month of Caring.

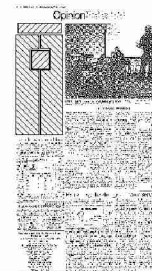
The Month of Caring will culminate with a volunteer recognition event in October to celebrate the impact on our communities and thank the volunteers for their important commitment and compassion to helping others.

The Franklin Volunteer Network is a collaborative partnership facilitated by the United Way of the Tri-Valley Area with generous support from the Maine Commission for Community Service and the Maine Community Foundation. To view a list of ways you can serve your community this September, or for more information about the Franklin Volunteer Network, please visit the United Way of the Tri-Valley Area website at www.uwtva.org or call 778-5048.

PARTNER PROFILES



By Lisa Laflin, Executive Director



In Our Backyard

*Weekly thoughts from the
 Maine Department of Environmental Protection*



Learning to Like Leeches

Nothing grabs your attention (or your leg) quite like a leech. Perhaps the thought of leeches lurking in a tranquil Maine lake keeps you from enjoying your summer swim. Leeches will probably never achieve the popularity of their closest relatives, the earthworms. But dispelling some common myths about leeches may help you find a way to appreciate (if not necessarily enjoy) these unique creatures.

Myth #1: All leeches want to suck your blood. It is true that leeches are on a liquid diet. Happily, most of the roughly 42 different species of leeches living in Maine dine on small spineless animals and on fish, frogs, turtles and aquatic insect larvae. Relatively few species of leeches have any interest in warm-blooded animals like you.

Myth #2: Leeches are lurking everywhere in a lake. Leeches typically have several eyespots (rather than true eyes) that are sensitive to light and shadows. These help them to avoid predators and detect prey. As a result, they tend to live in calm and shallow water, where light can penetrate. In addition, leeches need something to stick to. They have two suction cups—one on either end

of their body. Although many leeches can swim short distances, floating free exposes them to predators. They prefer to remain hidden and anchored to vegetation or rocks along the bottom. Using their two suction cups, they move like inchworms to adjacent rocks and plants. They only leave the bottom when they sense their meal approaching. Therefore they avoid regions of large open and deep water as well as large areas of sand or fine sediment, preferring areas of dense vegetation and stony bottoms.

Myth #3: Leeches are black, slimy, and gross. While some leeches do fit this description, most leeches are actually quite showy and beautiful. They tend to have bland background colors, but often have outrageous patterns of spots, stripes, and zigzags superimposed in lurid colors. For example, the American medicinal leech, used therapeutically for blood thinning, has a green and yellow background with dark brown lines and bright orange spots.

Myth #4: Leeches aren't beneficial. For over 2000 years, leeches were believed to "cure" many ailments by ridding the body of "bad blood". Modern

medicine has debunked the myth of "bad blood", but has discovered some legitimate benefits of leeches. Leeches secrete anticoagulants while they feed, which allows them to keep drinking without having the blood clot. Doctors can use this to help improve circulation in skin grafts and reattached limbs, dramatically improving the success rate of these procedures. Also scientists are trying to create a blood thinner from this secretion that would benefit some patients.

Leeches also serve a place in their ecosystem. They provide food for turtles, fish, and aquatic birds. Leeches, along with other aquatic invertebrates are also studied by the DEP Biomonitoring Program as indicators of water quality in the water bodies they live in.

For more information visit <http://www.kingcounty.gov/environment/data-and-trends/monitoring-data/stream-bugs/leeches.aspx> ☼

*This column was submitted by Erin Crowley, former **AmeriCorps** Intern with the Maine Department of Environmental Protection's (DEP) Bureau of Land and Water Quality. In Our Back Yard is a weekly column of the Maine DEP. E-mail your environmental questions to infodep@maine.gov or send them to In Our Back Yard, Maine DEP, 17 State House Station, Augusta, ME 04333.*





A L. Susan Gilbert painting of the Bremen Union Church. The painting was presented to Pastor Kathleen MacLachlan upon her graduation from Bangor Theological Seminary. (Photo courtesy of Sally Robinson)

Greenleaf joins AmeriCorps

The Maine Conservation Corps (MCC) welcomed Joseph Greenleaf, son of Michael and Dawn Greenleaf of Damariscotta, to serve as an AmeriCorps member and Team Member for the fall season. Greenleaf, who is a 2008 graduate of Wiscasset High School, will serve on a crew of six members, undertaking several trail projects across the state during the 2009 fall season.

The MCC conducts conservation projects throughout the state of Maine, including extensive trail construction and rehabilitation. More information about the Maine Conservation Corps can be found at www.maine.gov/doc/parks/mcc.





Baldacci to help out on Sept. 11

KENNEBEC JOURNAL Morning Sentinel

08/29/2009

AUGUSTA -- Gov. John Baldacci will participate in a Day of Service and Remembrance on Sept. 11 by helping clean up a park in his hometown of Bangor.

The Maine Commission for Community Service is organizing the work day at the Park Wood Transitional Housing area, which is for those who were homeless or are on the verge of homelessness. The city of Bangor is part of the event, as well.

The commission is looking for volunteers to clear underbrush, plant perennials, create a picnic area and mark plant species, according to the commission.

Also, the commission needs donations of picnic tables, benches, perennials, food for volunteers, and other materials. To donate, contact Rochelle Runge at 287-8933.

The Sept. 11 event, which marks the eighth anniversary of terrorist attacks on American soil, is part of the United We Serve effort put forward by President Barack Obama.

In June, Baldacci helped children at Camp Tracy in Oakland plant an organic vegetable garden.

For more information on the Maine Commission for Community Service, go to www.maineservicecommission.gov.



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\$50,000 donated toward new 4-H Camp building

By ALIŞON ALOISIO

Larry Stiffler and Mary McFadden, owners of Albany's Bumpus Mine, have pledged \$50,000 toward the construction of a new four-season classroom building at the University of Maine 4-H Camp and Learning Center at Bryant Pond.

Stiffler and McFadden, who are summer residents of Albany, have supported the conservation camp for many years

See DONATION, Page 2

through scholarship support, use of their mine for outdoor education programs, and donations for operating costs, according to a press release from the school.

The recent pledge will support a geology classroom in the new building, and bring the building project closer to completion.

"Our daughter Molly has learned naturalist and primitive skills in Bryant Pond's programs, including hunter safety, wilderness survival and first aid," said McFadden. "We are happy to support their important work and to help expand their mineralogy program."

"This past year we have supported [Americorps volunteer] Sienna Tinsley to develop a mineralogy and geology curriculum for students.

The mineral room will provide samples and material for study. There is nothing like hands-on experience to develop an interest in geology and earth sciences."

Part of matching campaign

Last November, the Bolger Foundation of Ridgewood, N.J. pledged \$200,000, toward the new building and challenged the Bryant Pond leadership team to raise matching cash donations within one year, in order to receive the funds.

The Stiffler/McFadden donation will go toward the

match.

Fundraising efforts have brought in more than half the needed amount.

The four-season building would include sleeping quarters and bath facilities for 32

people, two classroom spaces, a museum, a small kitchen, a seasonal infirmary and house a museum quality display of Maine wildlife and geology specimens.

"We are very pleased with the donation from the Stiffler family. The Bryant Pond 4-H Camp and Learning Center serves young people all across Maine and the new building will allow us to expand our season and reach more youth," said Susan Jennings, Oxford County Extension Educator and Bryant Pond Team Leader.

The mission of Bryant Pond 4-H Camp and Learning Center is to provide affordable experiential education in nature and in the development of outdoor skills, within a natural setting, for people of all ages and backgrounds.



Call for Volunteers

Allegiance Hospice is looking for volunteers to visit patients under hospice care in nursing homes in York and Cumberland Counties, volunteers receive formal training, Katharyn LeDoux, 877-255-4623 or kledoux@allegiancehospice.com.

The University of Maine Cooperative Extension seeks volunteers to serve on its executive committee; aherr@umext.maine.edu, 780-4205 or 1-800-287-1471 to request information packet.

VolunteerMaine AmeriCorps VISTA Projects seeks members; benefits of living allowance, health care, education award; apply online AmeriCorps.gov; Meredith Eaton 941-2800 ext. 207, meredith@unitedwayem.org

TogetherGreen Volunteers needed for conservation projects at Scarborough Marsh, call Audubon Center at 883-5100, or smac@maineaudubon.org.

Thursday 8/27

The Center for Grieving Children needs volunteers to facilitate peer support groups for children and families dealing with a serious illness or grieving the death of a family member or friend, comprehensive 30-hour volunteer training provided, groups meet once a week throughout the school year; volunteer orientation, 5:30 p.m. Aug. 27, The Center for Grieving Children, 555 Forest Ave., Portland, call Valerie Jones, 775-5216, www.cgcmaine.org.



Trading time, creating community

Hour Exchange
 Portland can
 provide all sorts
 of help – even
 midwife services.

By AMY MARTIN
 Staff Writer

Time is money. And the Hour Exchange Portland is rolling in it. Time, that is. Not money.

The nonprofit organization, one of the longest-running exchanges in the country, has 700 members who offer various talents in hour increments.

Unlike bartering, time credits are not given monetary value. Time credits are accumulated by serving an hour of time, whether it be cleaning house or preparing taxes. Time credits are exchanged for other services or can be donated to other members..

Monique Bidwell found value in using community currency. Bidwell earned time credits by offering in-home meal preparation, running errands and providing musical entertainment at parties, fundraisers and graduations. In 2003, Bidwell used her time credits as payment for midwifery services for the birth of her daughter, Eleanor, referred to as “the first time-dollar baby.”

“When I had my daughter in 2003, I was thrilled because I was able to save money by paying my midwives’ co-pay in time dollars,” said Bidwell. “What was even better than that was being able to tell Eleanor that time dollars – and the love and community that accompany them – were part of her entrance into this world.”

Last year, Bidwell was the first Hour Exchange Portland member to use the new Hour Weatherization Co-Operative, a worker-owned business providing weatherization. The program helps save several hundreds of dollars in home energy bills each year with only a weekend of work and less than \$200 in materials.

Through the cooperative, Bidwell was able to use time dollars to get an energy audit and basic weatherization services, such as window caulking and the sealing of drafty areas.

“I am certain it helped keep my house warmer through the winter and saved me money on my bills,” she said.

Bidwell was recently hired as Hour Exchange Portland’s member-care facilitator. She conducts orientation, assists with online account setups, organizes events and is the general office manager.

She said she was instantly drawn to the group when she moved back to Portland in 2001. She had been traveling with a carnival and was seeking a community similar to what she had found on the road – one where people found common ground, easily became friends and took care of each other, she said.

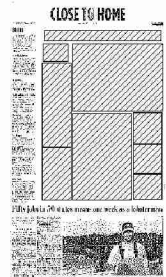
“I was excited to join a community where I could not only act on my beliefs and create a better society, I could also access the services I needed without having to find the cash – just some extra time.”

Orion Breen, working at the organization as an AmeriCorps volunteer in the Service of America program – also referred to as the “National Peace Corps” – shares Bidwell’s belief in the program.

Breen had started the Buy Local Bangor campaign, inspired by Portland’s, and was looking to use his community-building skills in a day job.

“The opportunity of working with Hour Exchange Portland was exciting to me because it touched on every issue I was concerned and passionate about – climate change, health care, alternative energy, strengthening local communities and real human connections,” Breen said.

Breen works with Bidwell to manage



the group's Web site, marketing and member issues for entrepreneurial development. Both deeply share the organization's mission to view all people as a community asset.

"Every day our members are providing acts of kindness that are undervalued or not valued at all by the traditional economy," said Bidwell. "Every member's time is valued equally."

Time dollars aren't meant to replace the monetary system.

"We are a complimentary currency," Breen said. "We are just trying to help make things work for everyone, so that no one falls through the cracks."

Breen also works with small busi-

nesses to help them use the services of Hour Exchange Portland and other local organizations in Maine to grow and succeed. His goal is for businesses to come out ahead as the economy improves.

With less money to go around, time is, well, on hour side.

For more information on Hour Exchange Portland membership, go to www.hourexchangeportland.org.

Staff Writer Amy Martin can be contacted at 791-6325 or at:

amartin@pressherald.com



Photos courtesy Abby LaPlante

Monique Bidwell, left, who used her time credits to obtain the services of a midwife when her daughter was born, meets with another Hour Exchange Portland member, **Marena Blanchard**. As the nonprofit's new member-care facilitator, Bidwell conducts orientation, assists with account setups and is the office manager.



Monique Bidwell's daughter, Eleanor, "the first time-dollar baby," helps Orion Breen, an Hour Exchange Portland volunteer, with his office work.

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Learning to like those leg-grabbing leeches

IN OUR BACK YARD

By Erin Crowley

Department of Environmental Protection

Nothing grabs your attention (or your leg) quite like a leech. Perhaps the thought of leeches lurking in a tranquil Maine lake keeps you from enjoying your summer swim. Leeches will probably never achieve the popularity of their closest relatives, the earthworms. But dispelling some common myths about leeches may help you find a way to appreciate (if not necessarily enjoy) these unique creatures.

Myth 1

All leeches want to suck your blood

It is true that leeches are on a liquid diet. Happily, most of the roughly 42 different species of leeches living in Maine dine on small spineless animals and on fish, frogs, turtles and aquatic insect larvae. Relatively few species of leeches have any interest in warm-blooded animals like you.

Myth 2

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Leeches typically have several eyespots (rather than true eyes) that are sensitive to light and shadows. These help them to avoid predators and detect prey. As a result, they tend to live in calm and shallow water, where light can penetrate.

In addition, leeches need something to stick to. They have two suction cups — one on either end of their body. Although many leeches can swim short distances, floating free exposes them to predators. They prefer to remain hidden and anchored to vegetation or rocks along the bottom.

Using their two suction cups, they move like inchworms to adjacent rocks and plants. They only leave the bottom when they sense their meal approaching. Therefore they avoid regions of large open and deep water as well as large areas of sand or fine sediment, preferring areas of dense vegetation and stony bottoms.

Myth 3

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beautiful. They tend to have bland background colors, but often have outrageous patterns of spots, stripes and zigzags superimposed in lurid colors. For example, the American medicinal leech, used therapeutically for blood-thinning, has a green and yellow background with dark brown lines and bright orange spots.

Myth 4

Leeches aren't beneficial

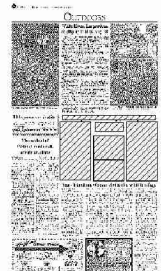
For more than 2000 years, leeches were believed to "cure" many ailments by ridding the body of "bad blood." Modern medicine has debunked the myth of "bad blood," but has discovered some legitimate benefits of leeches.

Leeches secrete anticoagulants while they feed, which allows them to keep drinking without having the blood clot. Doctors can use this to help improve circulation in skin grafts and reattached limbs, dramatically improving the success rate of these procedures.

Also, scientists are trying to create a blood thinner from this secretion that would benefit some patients. Leeches also have a place in their ecosystem, providing food for turtles, fish and aquatic birds.

Leeches, along with other aquatic invertebrates, are also studied by the Maine Department of Environmental Protection's Biomonitoring Program as indicators of water quality in the water bodies they live in. For more information visit kingcounty.gov/environment/data-and-trends/monitoring-data/stream-bugs/leeches.aspx.

This column was submitted by Erin Crowley, former AmeriCorps Intern with the Maine Department of Environmental Protection's Bureau of Land and Water Quality. In Our Back Yard is a weekly column of the Maine DEP. E-mail your environmental questions to infodep@maine.gov or send them to In Our Back Yard, Maine DEP, 17 State House Station, Augusta, ME 04333.



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YCC - Protecting the Cobbossee Watershed

A team of eleven local youth members have spent their summer working along-side, and at times in, the 28 lakes and streams of the Cobbossee Watershed. Part of the Friends of the Cobbossee Watershed's "Slow-the-Flow" program, this year's Youth Conservation Corps (YCC) team consists of 11 young adults working under the leadership of Program Director Jay Lindsey.

Lindsey, a Winthrop High School science teacher during the academic year, says, "I've had a great time working with this year's YCC team - they all exhibit a true dedication to the cause, they're doing great work, and everyone is having a good time too!"

Launched in 2003 with volunteers provided from AmeriCorps NCCC, in 2005 the Friends began employing local high school and college students to staff their YCC. In seven years, Friends YCC team members have now completed 155 projects on 14 different water bodies, protecting nearly five miles of Cobbossee Watershed shoreline.

A typical day with the Corps is - to say the least - a varied operation. All projects are done by hand, mitigating the potential for further damage to lakefront erosion concerns. With worksites typically on the edge of a lake, many crew members, if not all, end up in the water

at some point of each job. Typical work involves transporting and placing rock, mulch, crushed stone and planting of buffers designed to "slow-the-flow" of sediments to the waters.

"You can tell that our work will have a positive impact on the land when you look at the end results," said Erin Belanger, YCC crew member. "Earlier this summer, we returned to a yard that we worked on last year. You never would have guessed that there had at one time been an erosion problem there. The work we do is definitely helping the lakes."

With labor and engineering provided at no charge (landowners pay for materials only), the "Slow-the-Flow" program has flourished due to the generous support of business sponsors China Dine-ah, G&E Roofing and O'Connor Motors; member donations, and grant monies obtained through the Federal EPA Section 319 in partnership with the Cobbossee Watershed District

and the KV Soil & Water Conservation District.

Bob Moore, Friend's Executive Director, has been thrilled to watch the program transition over the years to where it now provides an opportunity to local youth. "Adding this component of sustainability and local stewardship is making a huge difference right now in helping to protect the Cobbossee Watershed," says Moore. "But even more importantly, it is a vital component of our entire educational program that is helping to educate tomorrow's stewards on the importance of watershed preservation."

This year's YCC team complete, their last project on August 7. To have your property considered for a "Slow-the-Flow" project next year or to learn more about the Friends, contact their office at 621-4100 or online at www.watershed-friends.com.

Submitted by Shannon Brown - Friends of the Cobbossee Watershed, AmeriCorps Intern ■



Other Voices

"Everybody can be great because everybody can serve."
— Martin Luther King Jr.

JAMES M. MCCARTHY

Opinion Page Editor, Brunswick Times Record

Looking for a bit of good news to ponder and perhaps even be inspired by? The Maine Commission for Community Service has just released findings that show Maine to be the second-highest-ranking state in New England in terms of the number of volunteers – with almost 340,000 adults volunteering in 2008 and an extra 38,418 individuals working privately with their neighbors to fix a problem or improve conditions in their community.

All told, those volunteers contributed 51.3 million hours of service in 2008, with an economic contribution valued at \$981.7 million. Maine ranked seventh in the nation for volunteer hours donated per resident: 45.3 hours per year.

Given the severe economic downturn of the past year, both in Maine and across the nation, the 2008 survey conveys the encouraging news that hard times haven't hardened our hearts. Maine's volunteer rate in 2008 remained constant at 31.8 percent, and its "neighboring rate" actually increased by more than 10,000 volunteers.

This generosity of spirit – coupled with the valuable skills and wisdom that volunteers bring to Maine's nonprofits, schools, communities and other organizations – provides tangible and intangible benefits to both volunteers and their beneficiaries. When we share our time and talents we strengthen our communities, solve real problems and help improve the lives of others. In return, we feel connected to our communities and derive satisfaction and a sense of accomplishment from serving others.

Interestingly, a growing body of research, presented in the report "The Health Benefits of Volunteering: A Review of Recent Research," has established a strong relationship between volunteering and good health. Those who volunteer have

lower mortality rates, greater functional ability and lower rates of depression later in life.

Want to become a volunteer but don't know where to start?

The United Way of York County's Web site at www.unitedway-york.org is a good place to look, offering links to its partner agencies (most, if not all, being eager to link with local volunteers). The United Way Web site also has a link to VolunteerMaine.org, a statewide searchable database with links to dozens of volunteering opportunities in this region.

Other tips:

— Look for a group that deals with causes or issues about which you feel strongly.

— Consider what you have to offer and look for a volunteer opportunity in which your special skill can be utilized.

— If you are unemployed and not having much luck finding a new job, volunteering can help you learn about other endeavors you're interested in and possibly even help you develop new skills.

— Think about volunteer opportunities that would be suitable for parents and children to do together (or for a husband and wife, or group of friends to tackle as a team).

Hour by hour, day by day, volunteers are helping to make our communities better places for all of us. In helping each other, we help ourselves.



Bulletin Board

Friday 8/14

40th Annual Cumberland Arts & Crafts Show, Maine artisans, demonstrations, entertainment, free parking, food, rain or shine 8/13, 8/14, 8/15, 10 a.m. - 5 p.m.; 8/16 10 a.m. - 4 p.m.; \$4 / children under 12 free, Sunday \$2, Cumberland Fairgrounds, 197 Blanchard Rd., 621-2818, unitedmainecraftsmen.com

Saturday 8/15

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KWENU Festival, 11th Anniversary Celebration Street Festival, live music, good food, crafts, kids' activities, raffle prizes, 12-5 p.m. Brown Street; Museum of African Culture, 13 Brown St., 871-7188, africanart@museumafricanculture.org, www.museumafricanculture.org

Field of Flags Memorial with a Service of Memory and Prayers for Peace, 5 p.m., Chebeague Island United Methodist Church; Pastor Linda Brewster, 807-2210, ljbre@maine.rr.com

Sunday 8/16

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Wednesday 8/19

"The Fiscal Wake-Up Tour," with panelists Robert Bixby and David Walker, 12-1:30 p.m., \$25, includes lunch, Portland Marriott at Sable Oaks, 200 Sable Oaks Drive, South Portland, hosted by The Maine Heritage Policy Center, Heather Noyes, 321-2550.

Call for Volunteers

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221-0340, www.NYMEevents.com or sign up at North Yarmouth Town Office.

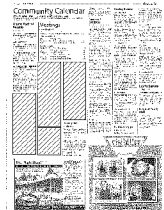
"Putting the Puzzle Together," 4-part education series for people assisting older adult family and friends, 5:30-7:30 p.m., Tuesdays 8/18, 8/25, 9/1, 9/8, hosted by Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, free, pre-registration required by Aug. 10, contact AnneMarie Catanzano, 396-6545.

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The University of Maine Cooperative Extension seeks volunteers to serve on its executive committee; aherr@umext.maine.edu, 780-4205 or 1-800-287-1471 to request information packet.

Volunteer Maine AmeriCorps VISTA Projects seeks members; benefits can include living allowance, health care, training, career skills, Segal AmeriCorps Education Award; apply online AmeriCorps.gov; for information, Meredith Eaton 941-2800 ext. 207, meredith@unitedwayem.org

TogetherGreen Volunteers needed for conservation projects at Scarborough Marsh, call Audubon Center at 883-5100, or smac@maineaudubon.org.



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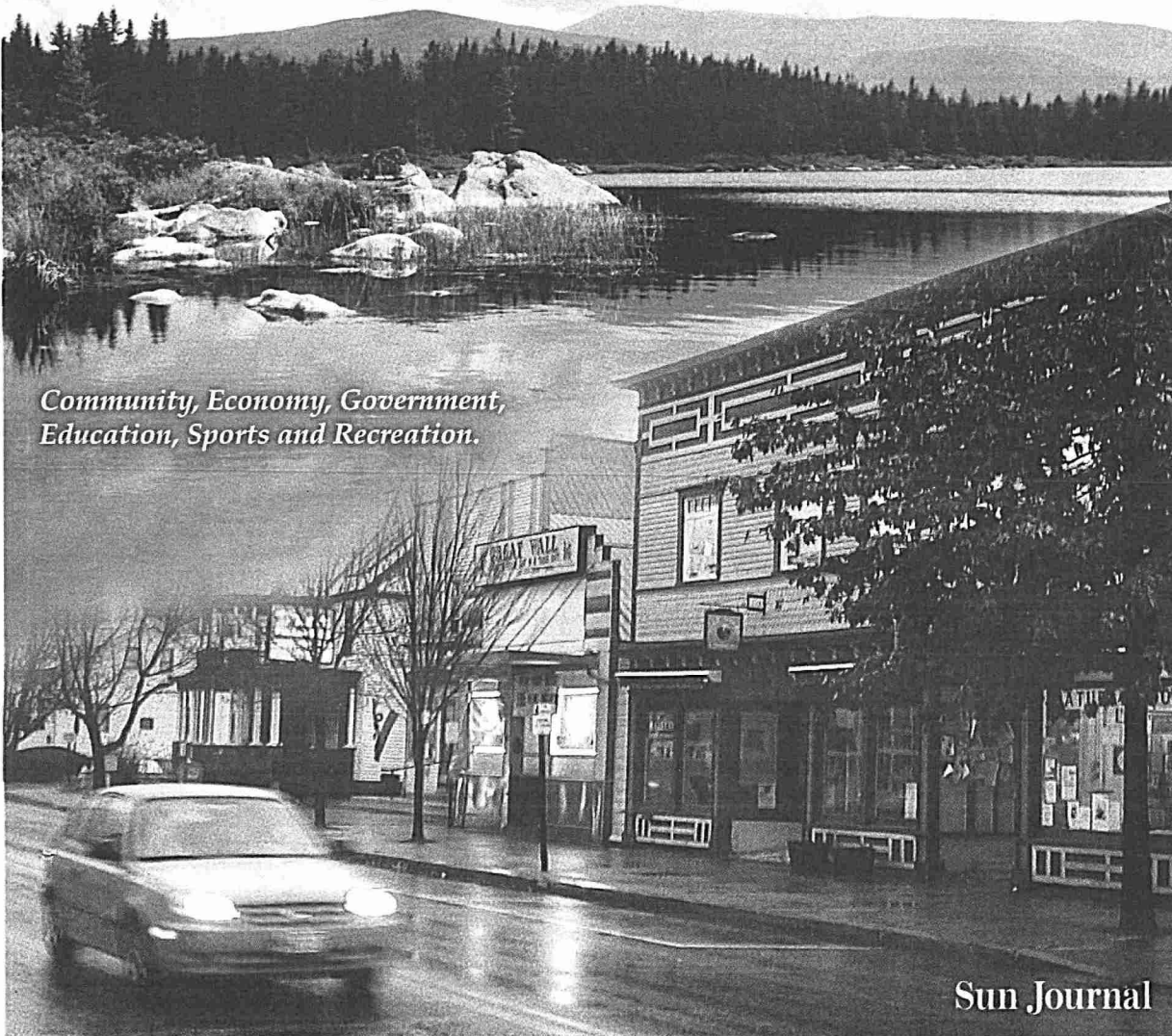
Advertising supplement to the Sun Journal Friday, August 7, 2009



urTown

An essential guide to our community.

*Community, Economy, Government,
Education, Sports and Recreation.*



Sun Journal

Welcome to our town and our **CIVIC GROUPS AND SERVICES**

Abused Women's Advocacy Project, 800-559-AWAP, www.awap.org has resources and services for victims of domestic violence. Serving Franklin, Androscoggin, and Oxford counties.

American Legion Auxiliary is the world's largest women's patriotic service organization. Through its nearly 10,500 Units located in every state and some foreign countries, the Auxiliary embodies the spirit of America that has prevailed through war and peace. Along with The American Legion, it solidly stands behind America and her ideals. FMI, visit www.legion-aux.org.

AmeriCorps *VISTA, 800-942-2677, helps bring communities and individuals out of poverty. Members serve in hundreds of nonprofit organizations and public agencies throughout the country - working to fight illiteracy, improve health services, create businesses, increase housing opportunities, or bridge the digital divide. FMI, visit www.mainevista.net.

Big Brothers/Big Sisters, 199 Main Street, Norway, 743-7035, www.childhealthcenter.org, offers a preventative program based on one-to-one relationships between an adult volunteer and a child at-risk.

Camp Sunshine offers families with a child diagnosed with diseases such as cancer, kidney disease, lupus, brain tumors, and other life-threatening illnesses free week-long camp experiences. Because the strain of a life-threatening illness can be significant to the entire family, Camp Sunshine gives them the opportunity to rebuild their relationships

and enjoy week-long retreats packed with fun-filled events. Camp Sunshine operates year-round, and is the first camp in the nation to focus on serving the entire family, not just the sick child. The program is free of charge to all families, and includes 24-hour onsite medical and psychosocial support. Bereavement groups are also offered for families who have lost a child to an illness. The Camp is accredited by the American Camping Association and has also been awarded Charity Navigator's Top Rating for fiscal management. FMI about programs, and to learn more about volunteering or making a donation, visit the camp's website at www.campsunshine.org, or call (207) 655-3800.

Community Concepts provides transportation for residents of Androscoggin, Franklin, and Oxford counties to medical appointments, child development programs, and other critical destinations. Volunteer driving team provides an important service, enhancing the quality of life for those who have no other means of transportation. FMI, visit www.community-concepts.org.

Services continued on page 26

Franklin County Animal Shelter, 550 Industry Rd., Farmington, 778-2638

Franklin County Children's Task Force, Farmington, 778-6960 or 888-429-6960, is committed to the prevention of child abuse and neglect through promotion of healthy child, family and community development. www.fcctf.org.

Maine Farm Bureau, 622-4111 or 800-639-2126, is

unmatched in representing and providing programs and services that keep farm families producing, while also protecting the property rights of any landowner in the state of Maine. FMI, visit www.maine-farmbureau.com.

Mexico Lions Club, contact Leo Dyer at Dyers Electronic, 364-7606.

Northern Oxford County Literacy Volunteers of America, 635 Waldo Street, Rumford, 364-4377.

Operation Santa Claus (Western Maine Community Action), Wilton, 645-3764 or 800-645-9636, provides gifts and clothing to children and elderly of Franklin County plus Livermore/Livermore Falls, Maine. It is supported by donations of cash and gifts from local businesses, individuals and program fund raising. FMI, visit www.wmca.org.

Rangeley Lakes Heritage Trust works with willing parties to find ways to preserve forever the scenic, natural, and historic resources of the region. The Trust can acquire land and conservation easements through purchase or donation. FMI, call 864-7311 or visit www.rlht.org.

R.E.A.C.H. (Rape Education and Crisis Hotline) hotline 800-871-7741, counseling and information 743-9777, 1 East Main Street, South Paris.

Rotary Club provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Visit www.ri7790.org/eng/clubs/index.asp for a list

of clubs in Maine, including contact information.

SAVES, 138 Pleasant St., Farmington, 778-9522, www.savesrapecrisis.org. Support and advocacy for those who have been sexually assaulted and abused. Education, information, and referral.

Senior Corps taps the experience, skills, and talents of citizens 55+ through its programs - Foster Grandparents (800-215-4942), Senior Companions (800-287-0274), and RSVP, the Retired and Senior Volunteer Program (800-42707411) - to assist local nonprofits, public agencies, and faith-based orga-

nizations in carrying out their missions.

SeniorsPlus, 465 Main Street, Lewiston, 800-427-1241, www.seniorsplus.org, provides services to seniors through two divisions. One is the Area Agency on Aging serving Oxford, Franklin and Androscoggin counties and the other is Elder Independence of Maine that coordinates home care services for adults, 18 and older, throughout the state of Maine.

United Way of Oxford County, South Paris, 743-5833, www.uwoxfordcounty.org.

United Way of the Tri-Valley Area, 232 Broadway, Farmington 778-5048, www.uwtva.org.

Wilton Lion's Club offers people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community. FMI, visit wiltonme.lionwap.org.

On the Move

NEW FACES

■ **Dorota Olaru** was hired as the business manager and director of operations at Catherine McAuley High School.

Olaru, of Gorham, served as the director of finance and administration for the Manufacturers Association of Maine.

■ **Michelle Merrill** joined the York Harbor Inn as the wedding and event sales associate.

Merrill, of York, worked as the assistant banquet sales manager for Maggiano's Little Italy in Nashville.

■ **Debra Reidinger** joined Aetna Inc. as a senior long-term disability claim analyst.

Reidinger worked as a clinical case manager for the Villages Regional Hospital in Villages, Fla.

■ **Larry LeVasseur** joined National Distributors Inc. as the chief financial officer of the senior management team.

LeVasseur was the controller of ZF Lemforder Corp. in Brewer.

■ **Ana Vollmar, Orion Breen** and **Robert Ellis** joined Hour Exchange Portland as volunteers with the Americorps Volunteers in Service to America program.

Vollmar, of Boston, was a teaching assistant for college courses on environmental politics, fair trade and agricultural cooperatives.

Breen, of Saint Albans, was in charge of multimedia production and marketing at Bangor Metro Magazine and is the founder of the Buy Local Bangor campaign.
Ellis, of

Lewiston, recently received a bachelor's degree in political science at the University of Southern Maine.

■ **Monique Bidwell** was hired as the facilitator in charge of member care at Hour Exchange Portland.

Bidwell has been a member since 2001.

■ **Michelle McNeil-Brown** joined Runyon Kersteen Ouellette's South Portland office as an assistant accountant.

McNeil-Brown, of Kennebunk, previously owned and operated a QuickBooks consulting and bookkeeping service in Southern Maine.

PROMOTIONS

■ **Eldon Morrison**, founder of CPM Constructors, was named chief executive officer by the board of directors.

■ **Gregory Scott** was promoted to president of CPM Constructors. Scott, of Falmouth, joined CPM in 2006 and became a minority owner of the company in 2008.

■ **Jason Dalessandro** was named business financial adviser at Ameriprise Financial.

Dalessandro has worked for Ameriprise Financial since 2006.

GENERAL

Npress LLC, a marketing firm focusing on low-cost guerrilla marketing and educational marketing tools for health care providers, was launched by Sarah Nelson and Michael Papi.

Npress designs training courses to guide medical practice staff in providing quality patient experiences. The firm is headquartered in Portland, with a satellite office in Austin.

The Maine Manufacturing Extension Partnership announced that Binax Inc., a division of Inverness Medical Innovations, a manufacturer of medical diagnostic tests, is the recipient

of this year's Maine Manufacturer of the Year award.

Each year Maine MEP recognizes a local company that has achieved world-class manufacturing status and implemented best manufacturing practices.

■ **Andrew Tenenbaum** received the Maine Osteopathic Association Physician of the Year award.

Tenenbaum works at the University Health Care for Kids.

The award is given to a doctor of osteopathic medicine who has been in practice for at least one full year and not more than five years, has already demonstrated involvement as a practitioner and as a member of his or her community and has demonstrated the potential to become a major force in osteopathic medicine in the future.

HOW TO SUBMIT AN ITEM

ON THE MOVE runs on Tuesdays and Sundays. Submit items of interest regarding new employees, promotions and professional honors to: Business Editor, Portland Press Herald, P.O. Box 1460, Portland 04104, or e-mail to business@pressherald.com.

ITEMS GENERALLY will run seven to 14 days after they are received. Pictures must be submitted using the jpeg format and sent as attachments.



Dorota Olaru





**Debra
Reidinger**



**Larry
LeVasseur**



**Michelle
McNeil-Brown**



**Andrew
Tenenbaum**

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Tuesday 8/11

VolunteerMaine of United Way of Greater Portland will be hosting an administrative training for registered agencies on volunteer-maine.org covering site navigation and utilization, 10 a.m. - 11 a.m. United Way of Greater Portland, 400 Congress St. across from City Hall; to register: mpetrarca@unitedwaygp.org.



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continued next page

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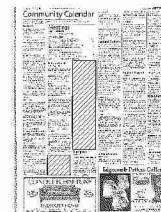
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Game Loft merges with Spurwink Services

BELFAST — The Game Loft, Belfast's downtown youth center, has merged with Spurwink Services, a non-profit organization providing behavioral health, education and residential services for children, adults and families. The Game Loft was established in 1998 to provide youth development services to young people through the use of non-electronic games.

Throughout its 11-year history as an independent youth center, The Game Loft has provided award-winning services to the community's youth. In 2000, Ray and Patricia Estabrook won the prestigious Jefferson Award for their work in founding The Game Loft.

In 2008, The Game Loft won the "Exemplary After-School Program of the Year" award from the Maine After-School Alliance. In 2009, James Knight, a volunteer with The Game Loft, won the Governor's "Youth Volunteer of the Year" award from the Maine Commission for Community Service. These awards demonstrate the consistently high-quality programming offered at The Game Loft.

Ray Estabrook, co-director of The Game Loft, said the center is pleased to be able to continue its work in the community and to increase its quality of services.

"The Game Loft has always offered exciting educational and social enrichment programs for young people in the community," he said. "Now as part of Spurwink Services, we will be able to offer even more creative programs and reach more kids."

Spurwink is nationally accredited and currently operates 20 different programs, including seven schools and 60 residential treatment homes, in locations throughout southern and central Maine. With a commitment to quality services, and the recruitment of caring, compassionate professionals, Spurwink has gained a reputation for excellence in evidence-based treatment and service delivery throughout New England, Canada and beyond.

As a program of Spurwink, The Game Loft will continue to involve youth and families to promote personal growth and education, provide opportunities for creativity, help build strong relationships that emphasize each person's strengths and competencies, and prepare youth for the future.

The Game Loft will remain in its location at 78A Main Street in Belfast above All About Games. For more information about The Game Loft please call Ray or Patricia Estabrook at 338-6447.



Wood pledges to perform 10 months of public service throughout country

PERRY POINT, MD - Michael Wood of Otisfield is one of 160 young people pledging to perform 10 months of public service throughout the country as part of the 15th class of the National Civilian Community Corps (NCCC), an AmeriCorps program.

As a Corps Member, Wood will spend 10 months getting things done for America and its communities. Although based at the NCCC Atlantic Region campus in Perry Point, MD, Wood is spending his first project mentoring students and assisting teachers at Magnolia Elementary School in Joppa, MD. "AmeriCorps NCCC is giving me many varied perspectives which I can only grow from," Wood commented about his experience.

Before the end of his 10-month

stint, Wood will work on at least three other projects, including several supporting the rebuilding efforts of those communities destroyed by Hurricanes Katrina, Rita, Gustav and Ike.

This is the 15th anniversary for AmeriCorps NCCC, a leadership program for young people ages 18 to 24. In exchange for completing 1,700 hours of service during a 10-month term, these young people receive an education award of nearly \$5,000, plus a living stipend, housing and more. AmeriCorps programs are administered by the Corporation for National and Community Service, a federal agency. Interested applicants and project sponsors are encouraged to learn more by visiting <www.amerikorps.gov/nccc> or calling 1-800-942-2677.



Service grants

The Maine Commission for Community Service announced the results of its 2009 grants competition, with \$500,000 being awarded to five organizations funding 44 new AmeriCorps members who will be placed across the state to address compelling community needs.

Among the grantees is Goodwill Industries of Northern New England, which places AmeriCorps members at local nonprofits to help improve the capacity of these organizations to engage volunteers. In 2008 Goodwill members recruited more than 10,000 community volunteers. Goodwill will receive \$252,000.

Goodwill Industries of Northern New England was also funded for a planning grant of \$30,000. The funding will allow Goodwill to research, refine and design a program that will combine AmeriCorps assets and students who will weatherize area homes and build ramps for people with disabilities.

Maine Transition Network was awarded \$92,000 to ensure a brighter future for America's youth by implementing a leadership and mentoring program for youths with disabilities, building strong self determination and fostering increased post-secondary workforce and educational attainment.

More than 9,200 people participate in national service each year in Maine through 29 national service programs and projects across the state. These programs are seeking new members. Visit www.AmeriCorps.gov or www.Volunteer-Maine.org for more information.



Experts share heat-saving tips

BY SETH KOENIG

Times Record Staff

BATH

Tuesday may have been one of the summer's hottest days, but during a weatherization forum in Bath, the focus was squarely on the colder days ahead.

Nonprofit leaders and energy experts offered lessons learned from an ambitious local effort to make low income homes more heat and energy efficient in advance of last winter. Absorbing the advice were more than 60 people from 10 Maine counties. Some workshop attendees even ventured across state lines.

Forum organizers set a goal of educating attendees about some science and strategies of weatherization — and to equip the visiting community leaders with a list of best practices as they go back home and attempt to organize their own volunteer efforts.

The United Way of Mid Coast Maine hosted the afternoon event at the organization's Wing Farm Parkway location. Among the

Please see TIPS. Back page this section

forum speakers were Barbara Reinertsen, executive director of the local United Way branch, Downeast Energy Customer Service Manager Bill Brilliant, Habitat for Humanity/7 Rivers Maine Executive Director Tara Hill and West Bath resident Charles Wing, who was introduced as a “nationally renowned energy expert” and “the glue who kept the project together.”

The forum centered on what Wing described as “the low-hanging fruit” of weatherization. Leading into the winter of 2008-09, a team led in part by Brilliant, Wing and Hill set out to organize an army of volunteers who could hand-make simple storm windows and weather-

ize homes by installing new double-glazed window frames, replacing old light bulbs with more efficient styles and sealing air leaks.

According to information provided at the forum, 166 volunteers made 345 storm windows and weatherized 76 homes during the effort. The work on those homes should save each homeowner approximately \$376 per year, according to organizers.

In total, the collaborative spent \$8,814 on materials and staff resources, which volunteers transformed into an estimated \$32,475 in annual savings for the homeowners.

Margaret Wilson, chairwoman of the United Way's Basic Needs Council and a volunteer coordinator for the local Habitat for Humanity ReStore operation, said the groups hope to weatherize 100 homes in the Mid-coast region before this coming winter.

The project organizers aimed to determine “what could minimally trained volunteers do that is not expensive, but offers the biggest payback in terms of benefits for a homeowner,” Maria Hinteregger of the United Way of Mid Coast Maine said Tuesday.

Wing told attendees at Tuesday's forum that homes built before 1980 waste about 50 percent of their heat, on average. He said heat losses could be linked in part to 39 “known heat leaks” in various parts of a given structure.

“If you take a reasonably intelligent person and give them about three or four hours of classroom time, get them to really understand what heat is, how it moves and how it reacts, that person



can go back to their home and cut out approximately half of that 50 percent heat loss," Wing said.

But organizing hundreds of volunteers to do even basic home improvement tasks in dozens of strangers' homes can be a daunting task. Having been through the process last winter, local leaders offered forum visitors some timely "Do's and Don'ts" to take home with them.

Wilson urged attendees to contain any ambitious project's time frame to a brisk three months, with volunteers and homeowners alike tied to firm work dates.

"Capture the energy of the folks who are interested in doing this when the first wisps of cool show up in September, people start looking at their heating budgets and saying, 'If I can't deal with this without a little help, what about my neighbors?'" she said.

Wilson told forum audience members to align with community groups that can get word of the project out to homeowners who need the help most, and to ensure there's a liability plan in place to cover injuries suffered by volunteers while working to weatherize another household.

In implementing some of those lessons learned, Hill said the local weatherization effort will begin in August

and September with the registration of households in need and the recruitment and training of volunteers. As soon as volunteers are trained, Hill said, they'll form teams and head out into the community to perform the work, with the entire 100 home goal slated for completion by the end of October.

She also said volunteers will be sent into the homes with resource lists and additional information if the homeowners need more weatherization help than volunteers are trained to provide.

Catharine Arnold, an AmeriCorps VISTA (Volunteers In Service to America) coordinator, offered attendees some tips on where to find and retain volunteers for their local projects. Arnold listed church groups, trade associations and student programs among places to seek organized volunteer help.

Tuesday's forum was capped by brief presentations from people involved in energy efficiency projects in other communities. Among them was Justin Holmes of the Midcoast Economic Development District, who discussed efforts involving several local and state groups to develop a Bath Regional Career and Technical Center program devoted to energy efficient building trades practices.

EDITORIAL

Helping ourselves by serving others

"Everybody can be great because everybody can serve."

— *Martin Luther King Jr.*

Looking for a bit of good news to ponder and perhaps even be inspired by?

The Maine Commission for Community Service has just released findings that show Maine to be the second-highest-ranking state in New England in terms of the number of volunteers — with almost 340,000 adults volunteering in 2008 and an extra 38,418 individuals working privately with their neighbors to fix a problem or improve conditions in their community.

All told, those volunteers contributed 51.3 million hours of service in 2008, with an economic contribution valued at \$981.7 million. Maine ranked seventh in the nation for volunteer hours donated per resident: 45.3 hours per year.

Given the severe economic downturn of the past year, both in Maine and across the nation, the 2008 survey conveys the encouraging news that hard times haven't hardened our hearts. Maine's volunteer rate in 2008 remained constant at 31.8 percent, and its "neighboring rate" actually increased by more than 10,000 volunteers.

This generosity of spirit — coupled with the valuable skills and wisdom that volunteers bring to Maine's nonprofits, schools, communities and other organizations — provides tangible and intangible benefits to both volunteers and their beneficiaries. When

we share our time and talents we strengthen our communities, solve real problems and help improve the lives of others. In return, we feel connected to our communities and derive satisfaction and a sense of accomplishment from serving others.

Interestingly, a growing body of research, presented in the report "The Health Benefits of Volunteering: A Review of Recent Research," has established a strong relationship between volunteering and good health. Those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life.

Want to become a volunteer but don't know where to start?

The United Way of Midcoast Maine's Web site at www.uwmcm.org is a good place to look, offering links to its partner agencies (most, if not all, being eager to link with local volunteers). The United Way Web site also has a link to VolunteerMaine.org, a statewide searchable database with links to dozens of volunteering opportunities in this region.

Other tips:

— Look for a group that deals with causes or issues about which you feel strongly.

— Consider what you have to offer and look for a volunteer opportunity in which your special skill can be utilized.

— If you are unemployed and not having much luck finding a new job, volunteering can help you learn about other endeavors you're interested in and possibly even help you develop new skills.

— Think about volunteer opportunities that would be suitable for parents and children to do together (or for a husband and wife, or group of friends to tackle as a team).

Hour by hour, day by day, volunteers are helping to make our communities better places for all of us. In helping each other, we help ourselves.



Ennamorati prepares for Peace Corps service in Dominican Republic

By Andrew Benore
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WALDOBORO — Alaina Ennamorati has signed on for a 27-month commitment to the Peace Corps to organize literacy training and after-school programs. The 22-year-old graduate of Medomak Valley High School will leave for the Dominican Republic in mid-August.

Ennamorati has traveled to Spain and Argentina but said she wanted to “go abroad for another purpose.”

With weeks to go before her departure, she is packing up her apartment in Boston and choosing a small wardrobe for the tropical climate. Her arrival in the Dominican Republic will correspond with hurricane season. “The climate could be great in some ways and also really hard,” Ennamorati said. “It’s going to be a big adjustment just weather-wise.”

As a Peace Corps volunteer, Ennamorati said she will work on youth development projects, girl empowerment, and HIV/AIDS awareness. “I’ll mostly be working with young kids,” Ennamorati said in an interview on July 23 at Fernald’s 5 & 10 in Waldoboro. “I will probably do a lot of tutoring and mentoring.”



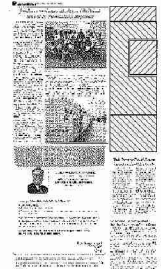
Alaina Ennamorati. PHOTO BY ANDREW BENORE

Ennamorati will travel to Washington, D.C., on Aug. 19 for two days of training. She will leave for the Dominican Republic on Aug. 21. “I’m not sure when I’ll be back,” she said. Ennamorati will live with a host family for her first three months of service to learn the language and culture of the Dominican Republic, which is located on the Caribbean island of Hispaniola. Her study of Spanish should help with the adjustment.

Ennamorati graduated from Northeastern University in Boston in 2008 with a degree in journalism and a minor in Spanish. For the first six months of 2009 she worked with City Year, an AmeriCorps program that helps young students. She worked with fourth- and fifth-grade students. “It was an opportunity to work one on one with kids,” Ennamorati said. “I realized I really liked working with them.”

The City Year experience strengthened Ennamorati’s desire to serve, she said. Ennamorati encouraged others to look at local, national and international service options to “experience another part of communities.”

“It would be nice if more people even had it as an option in-



stead of jumping into a career," she said.

Ennamorati is the daughter of Audrey Ennamorati of Waldoboro and David Ennamorati of Massachusetts. She has four siblings. Tiana, 24, lives in London, England. Michael, 21, attends the University of New Hampshire. Julie, 15, is a sophomore at Medomak Valley High School. Maria, 14, is a freshman at MVHS.

Ennamorati's mother teaches at MVHS, and the Peace Corps volunteer said she hopes to correspond with students in her mother's class. "The Peace Corps lets you write back and forth with a class in the U.S.," Ennamorati said. "I'll have something that connects me to home."

Writing is something Ennamorati enjoys and she may pursue it as a career, she said. The Peace Corps service will provide a new perspective, and new material. "The experience will make me a better writer," she said.

Ennamorati said she is eager to experience the music and language of the Caribbean country and already expects that she will miss the culture when she leaves. "The hard part will be coming home and trying to explain what 27 months of Peace Corps service is," she said.

Fire department will reapply for Americorps help

By Corey Pickett
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MOUNT DESERT — Selectmen last week gave Fire Chief Mike Bender the go-ahead to reapply to participate in Americorps' Emergency Response Corp Program, which, if awarded, would net the fire department a full-time member for 11 months.

The department's current Americorps member will end his tenure soon, Bender said, but he does not plan to return for another year.

"Having additional staffing available during the daytime responses has been invaluable," Bender said in a letter to the board of selectmen. "It not only reduces response time during the work week, but has also lightened a considerable amount of the workload for the volunteers."

According to the Emergency Response Corp's web site, the program was created to help address the shortage of volunteers for fire departments and ambulance services in rural Maine. Since the program expanded in 2006, it has placed 20 full-time Americorps members with fire and ambulance services throughout northern New England. The goals

of each member are to recruit and retain emergency response volunteers, increase available manpower for emergency response, enhance public safety education initiatives, and provide additional community service activities.

Bender told selectmen, Tuesday, that participation in the program has increased the department's community outreach through school presentations and stronger recruitment.

"In keeping with the program guidelines, our member has ... worked diligently to increase recruitment and retention," Bender wrote. "This seems to be a win-win solution for both the fire department and the town, with minimal commitment."

That commitment comes in the form of cash. The position will cost the town \$8,900, said Bender, up from \$8,500 last year, half of which came from a requested increase in appropriations, and the other half was passed through savings from firefighter's payroll, Bender said.

The board approved, in a split vote, that Bender reapply for the program. Selectmen Charles Bucklin and Marilyn Damon were opposed.



ERC seeks placement sites for volunteers

Goodwill Industries of Northern New England's Emergency Response Corps — an AmeriCorps program — is accepting applications from organizations interested in being a host site for volunteers.

Emergency Response Corps members work in fire departments and ambulance services to help recruit and retain volunteers to assist in emergency response; develop community outreach programs; and provide assistance by serving as fire-fighters and/or emergency medical technicians.

Proposals are due by Aug. 30. Volunteers will begin in October. For more information, call Billye Senecal at 494-4915. For an application, visit www.goodwillnne.org/erc.



GIVING IS GROWING

Economy can't stop the volunteer spirit

In Maine, and in the U.S., many charitable groups have seen a surge in volunteer applications.

By ANN S. KIM
Staff Writer

More and more volunteer applications are making their way into Carrie Burgin's in-box.

Burgin, volunteer coordinator for Goodwill Industries of Northern New England, estimates that their number has increased by at least a third over the past six months.

She's got a couple of theories about why this is happening during a recession. Some volunteers are looking to gain experience and explore new career possibilities. Others may feel secure about their employment but have a desire to contribute to the community during difficult times.

"The numbers of applications are just increasing every month," Burgin said.

The experience of the Portland-based nonprofit is in line with what other local organizations have seen. It also squares with new research released Tuesday by the Corporation for National and Community Service. The federal agency's programs include AmeriCorps, Senior Corps, and Learn and Serve America.

More than 39 percent of nonprofits surveyed reported that volunteer hours at their organizations increased in the period between September 2008 and March 2009, compared with the same period the year before. The number of hours remained the same for 44.6 percent.

The number of volunteers increased for 37 percent of the organizations and remained the same for 51 percent.

At the same time, 40 percent of the organizations reported experiencing severe or very severe fiscal stress,

while 60 percent said they served the

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same or more people – a sign of increased reliance on volunteers. The findings also serve as a reminder that volunteers need support and management, usually from staff members, said Kasey L. Spence, a research analyst at the Johns Hopkins Center for Civil Society Studies, which cooperated with the corporation on some of the research.

"Volunteers appear to be enthusiastic and continue to be an important part of the nonprofit sector," she said. "They certainly can't do it alone. Volunteers need support."

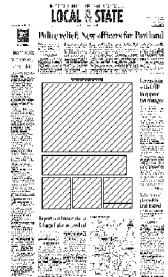
While more organizations are benefiting from volunteers, the number of people who do volunteer work has remained relatively stable. In 2008, 26.4 percent of individuals 16 and older volunteered, up slightly from 26.2 percent the year before.

The expectation is that volunteerism would decline in times of higher unemployment and lower rates of home ownership, said LaMonica Shelton, the corporation's associate director for policy and communications.

"You might think that at these times, people would be turning inward and dealing with their immediate personal and familial issues, but a lot of people are turning outward," she said.

In Maine, the volunteer ranks of a number of organizations are holding steady, but the recession has meant that some of them are playing a larger role.

The state is ranked 15th for



its volunteering rate of about 33 percent.

Greater Portland's rate of 35 percent ranks it 18th for mid-sized cities. Rankings are based on the average of data from 2006 through 2008.

The American Red Cross of Southern Maine still has about 270 volunteers, but a handful took on greater responsibilities – including philanthropy efforts and serving on a new state consortium for disaster readiness – after being laid off from their jobs, according to Morgan Bickerstaff, the emergency services director.

Volunteers generally are becoming more important at the organization, where staffing levels are lower than they were even five years ago.

The need for service, meanwhile, is up due to a greater emphasis on disaster preparedness in the post-Katrina era and a 40 percent spike in house fires this winter, Bickerstaff said.

"If donations go down, we have to look at new ways of getting the same work done," she said.

ITNPortland saw an influx

of volunteer drivers – some who are hoping to eventually land paid jobs and others who wanted to be engaged in social service after taking early retirement offers, said Mark Sundermann, executive director of the organization, which provides rides to the elderly and the visually impaired.

At the Ronald McDonald House in Portland, more than 300 volunteers clean, cook, answer phones and perform other chores.

Their ranks include some who come to help out after being laid off, said Executive Director Robin Chibroski.

She sees at least two ways they benefit.

"Number one, it gets them an opportunity to stay involved in the community.

"Number two, when you have a job, you feel like you're giving back. If you lose your job, now you come and volunteer and that fills that void," she said.

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Shawn Patrick Ouellette/Staff Photographer

Volunteer Courtney Reeves of Unum sweeps the sidewalk outside the Ronald McDonald House in Portland on Tuesday. Maine's rate of volunteering ranks it 15th in the country, according to new research.



Shawn Patrick Ouellette/Staff Photographer

Volunteers Sylvia Dion, left, and Bailey Rand, who both work for Unum, prepare dinner at the Ronald McDonald House in Portland on Tuesday. Despite the economic downturn and job insecurity, many organizations report that volunteer participation has increased.